



SCHOOL PROGRAM 2023

LESSON PLAN

ABOUT US

HELLO, AND WELCOME TO REGENT PARK FILM FESTIVAL'S 2023 SCHOOL PROGRAM!

REGENT PARK FILM FESTIVAL (RPFF) IS A NON-PROFIT CULTURAL AND EDUCATIONAL MEDIA ARTS ORGANIZATION. WE'RE TORONTO'S LONGEST-RUNNING, FREE COMMUNITY FILM FESTIVAL, AND IS THE SOLE COMMUNITY FILM FESTIVAL IN CANADA'S LARGEST AND OLDEST PUBLIC HOUSING NEIGHBOURHOOD. RPFF IS A STAPLE IN THE COMMUNITY. IN ADDITION TO OUR ANNUAL FESTIVAL IN NOVEMBER, WE OFFER YEAR-ROUND SCREENINGS, OUR ANNUAL SCHOOL PROGRAM, WORKSHOPS AND COMMUNITY EVENTS AT NO COST.

RPFF IS DEDICATED TO SHOWCASING LOCAL AND INTERNATIONAL INDEPENDENT WORKS RELEVANT TO PEOPLE FROM ALL WALKS OF LIFE. THE KEY COMMUNITIES WE SERVE ARE BLACK, INDIGENOUS AND PEOPLE OF COLOUR (BIPOC) COMMUNITIES, PEOPLE WITH LOW-INCOME, PEOPLE WHO LIVE IN PUBLIC HOUSING, AND REGENT PARK RESIDENTS. THE FILMS WE PRESENT BREAK STEREOTYPES AND SHOW THAT NO ONE PLACE OR PERSON HAS JUST ONE STORY.

THIS YEAR WE ARE EXCITED TO PROVIDE A SELECTION OF FILMS FOR THE SCHOOL PROGRAM THAT ADDRESS THEMES OF MENTAL HEALTH, COMMUNITY BUILDING, CULTURAL DIVERSITY, AND MUCH MORE. WE HOPE THIS PROGRAM WILL PROVIDE AN ENTRYWAY INTO HAVING NUANCED CONVERSATIONS ABOUT BIG CONCEPTS AND IDEAS WITHIN THE LANGUAGE ARTS AND SOCIAL STUDIES CURRICULUM, AMONG OTHERS.

NOTE: EDUCATORS ARE REQUIRED TO REVIEW ALL FILMS AND LESSON PLANS BEFORE SHARING THE CONTENT WITH THEIR STUDENTS. IT IS ALSO THE RESPONSIBILITY OF ALL EDUCATORS TO PROVIDE INFORMATION ABOUT THE CONTENT AND THEMES OF THE FILMS TO PARENTS, IF SO REQUIRED BY THEIR SCHOOL OR SCHOOL BOARD.

LESSON PLAN

TO THOSE WHO SHOW UP GRADES 7-8 FILMS



Gaps, 11 mins

Directed by Jenn Shaw

A pubescent girl from a close-knit family finds herself at a crossroads between keeping her gapped front teeth or risking it all for the seemingly "perfect" smile.



First Down, 12 mins

Directed by Carrie Stett

A gripping documentary short film about an underdog team of girls playing tackle football while trying to overcome personal obstacles.

Content Note: Conversations about addiction, queer identities.



Mind Check, 1-2, 1-2, 10 mins

Directed by Ian Keteku

With nearly three million followers on TikTok and celebrity endorsements, 23-year-old Nigerian-Canadian rapper Akintoye is an internet sensation. His music is vulnerable and introspective about his mental health and, as he climbs the music industry ladder, he still makes space to encourage young people to express themselves through art.

Content Note: Mention of youth suicide, anxiety, depression. "Fuck" used in lyrics around 1:30.

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Rachel, 3 mins

Directed by Toko Shiiki

Animator, Rachel Reid, exudes joy as she talks about being an animator, encouraging others to follow in her footsteps.



For Roy, 12 mins

Directed by Vivian Cheung

Legend says, folding a thousand paper cranes will give a person one wish. For young Celeste, it was for her dying father to be there on her birthday. Using the power of imagination and the art of origami, she grapples with the reality of losing her father in the hospice.



Eid Mubarak, 16 mins

Directed by Mahnoor Euceph

A privileged six-year-old Pakistani girl embarks on a mission to save her beloved pet goat from being eaten on the Muslim holiday of Eid al-Azha, only to learn the meaning of sacrifice.

Content Note: Suggestion of knives being used to cut people/animals. Suggestion of animal killing at 12:38-12:41. Image of dead animal during end credits at 14:40.

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THIS PROGRAM EXPLORES WHAT IT MEANS TO SHOW UP FOR OURSELVES AND OTHERS WHEN DEALING WITH SOME OF LIFE'S GREATEST CHALLENGES. THESE FILMS DEAL WITH THEMES OF GRIEF, CREATIVE PERSEVERANCE, MENTAL HEALTH AND SELF-IMAGE.

DEFINITIONS AND TERMS

Hospice: Hospice is a place where people who are nearing the end of their life can go and be taken care of. Hospices provide compassionate care, focusing on a person's comfort and quality of life, while also reducing their suffering and pain.

Tradition: A tradition is a belief or activity that's popular within a group and is shared from one generation to another. Traditions have a special meaning to their community and have significant origins.

- Example: The school yard games we play have been taught from one grade to the next.

Culture: The traditions, art, and beliefs of a particular nation, or group of people. These things are passed down from generation to generation and can change over time.

Mental Health: Mental health focuses on how well your mind is handling the stresses of life, relationships with others and taking care of yourself. Our emotional, mental and social well-being is just as important as our physical health. Our mental health is important at every stage of our life, from childhood to adolescence to adulthood.

When people are struggling with their mental health, they may experience mild symptoms (for example: feeling sad or being a little bit tired) or be diagnosed with a mental illness (for example: depression, anxiety or schizophrenia).

Source: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

LESSON PLAN

TO THOSE WHO SHOW UP GRADES 7-8 FILMS

DEFINITIONS AND TERMS CONTINUED...

Pronouns: Pronouns are used to identify and refer to someone without using a person's name. It is also one way that we gender people. Using a person's pronouns is a way of letting someone know that you accept their identity. Some pronouns are gendered, such as she/her and he/him. Other pronouns are gender-neutral, such as they/them and ze/zir.

Addiction: The problematic use of a substance (for example: alcohol) or behaviour (for example: gambling) that is out of control. Addiction makes people feel they need the things they are addicted to feel okay. Someone's addiction can harm themselves and others who care about them.

One way to define addiction is to think about the 4 C's: Craving, a loss of Control of amount or frequency of use, compulsion to use and using despite consequence.

Source: <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/addiction>

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DISCUSSION AND ACTIVITY PROMPTS

- What does being authentically yourself mean to you? How does being authentic make you feel about yourself? What makes being authentic complicated?
- How do you like to be supported when you're feeling down or stressed? What are the signs that you're stressed or are needing extra support/what are your mental health "red flags"?
- If you were having problems with your mental health, who would you go to for support?
- Has someone ever said something to you about the way you looked that hurt your feelings? How can family, friends, classmates, and teachers influence a person's self-esteem?
- Have you ever been underestimated because of your racial background, sexuality, gender, or parts of your identity that you could not change? How did that make you feel? (Further thinking: How did you respond? Would you respond differently now than you did at that moment and why?)
- In Eid Mubarak, why do you think it mattered to Iman to save the goat?
- In Rachel, Rachel says "I never thought that I would be breaking barriers. I just know I'm doing this for me." What do you think Rachel means by that? Is there a time you've had to defy people's expectations in order to do what was right for you?
- Identity Portrait Art! Create a simple outline of your face. Divide the face in half from the top of the head to the chin. On one half decorate it to represent what you look like on the outside to others. On the other half decorate it with what you are like on the inside that others may not see or know about you. These could be pictures or words. (This activity could also be done to describe characters students relate to in the films they watch. This activity could be done while a film is playing.)